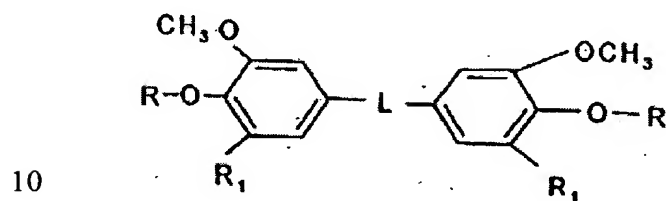


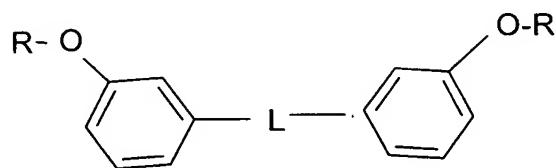
CLAIMS

1. An inclusion complex of a lignan or lignan ester with a cyclodextrin,
 5 wherein the lignan or lignan ester is a compound of formula (I)



or formula (II)

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(II)

- wherein L is a lignan skeleton, which optionally includes a bridge forming a ring with one of the phenyl groups in the formulae; R_1 is H or methoxy, and R is H, methyl, $\text{R}'\text{-CO-}$ or $\text{R}'\text{-SO}_2\text{-}$, wherein
 20 R' is a C_1 to C_{22} alkyl, alkenyl, arylalkyl, aralkenyl, or an aromatic group, and R' is unsubstituted or substituted with one or more hydroxy groups and/or one or more carboxyl groups, an oxo group or an amino group, or a geometric isomer or a stereoisomer thereof, provided that R is methyl
 25 only in a single R-O- substituent in a compound of formula (I) where L is a skeleton of the lignan arctigenin.

2. The complex according to claim 1 wherein the cyclodextrin is α -cyclodextrin, β -cyclodextrin, γ -cyclodextrin or a derivative thereof.
3. The complex according to claim 2 wherein the cyclodextrin is natural cyclodextrin.
4. The complex according to claim 2 wherein the cyclodextrin is γ -cyclodextrin or hydroxypropyl- β -cyclodextrin.
5. The complex according to any of the claims 1-4, wherein L in compound (I) is a lignan skeleton of any of the lignans hydroxymatairesinol, matairesinol, lariciresinol, secoisolariciresinol, isolariciresinol, oxomatairesinol, alpha-conidendrin, pinoresinol, liovil, picearesinol, arctigenin, syringaresinol or nortrachelogenin.
6. The complex according to any of the claims 1-4, wherein L in compound (II) is a lignan skeleton of enterolactone or enterodiol.
7. The complex according to any of the claims 1-4, wherein both of the groups R-O- in the compound (I) or (II) are hydroxy groups.
8. The complex according to any of the claims 1-4, wherein both of the groups R-O- in the compound (I) or (II) are ester groups, where R is R'-CO or R'-SO₂ and R' is as defined in claim 1.
9. A food product comprising a complex according to any of the claims 1-8 and a foodstuff.

10. The food product according to claim 9, which is a functional food, a nutritional supplement, a nutrient, a pharmafood, a nutraceutical, a clinical nutrition product, a health food or a designer food.

5 11. A dietary supplement composition comprising a complex according to any of the claims 1-8 and an acceptable carrier.

12. A pharmaceutical composition comprising a complex according to any of the claims 1-8 and an acceptable carrier.